



Regimental Indoctrination Program (RIP) Overview and Critical Requirements:

1. General course description: The Regimental Indoctrination Program is a 4-week intensive training period designed to indoctrinate newly assigned soldiers in Regimental history, traditions, policies, marksmanship, physical training, and basic Ranger skills to facilitate integration into the Ranger Battalions. It also provides an initial screening of the volunteers who may possess the prerequisites, discipline and mental toughness to satisfactorily participate in Ranger operations.

2. Academic and physical standards:

a. 70% is the minimum passing score on all written exams. Failure to achieve a minimum of 70% on academic evaluations will result in a recycle or release from the course. Soldiers will only be allowed to take each test twice; a test and a retest. Soldiers will be trained to meet standards during all instruction or practical work. The academic results are a part of the overall performance evaluation of the soldier.

b. A score of 70% or higher on all events of the youngest age group (17-21) on the Army APFT for all series MOS's. 49 push-ups; 59 sit-ups; and 15:12 2-mile run, this will also include 6 Chin-ups. Failure to pass the APFT will result in a retest, failure to pass the retest will result in recycle or release from the course.

c. The 5-mile run will be conducted in formation at a pace of 8 minutes +/- 15 seconds per mile, not to exceed 40 minutes. Failure to complete the 5-mile run will result in a retest, failure of the retest will result in recycle or release from the course.

d. All series MOS soldiers must complete a 12 mile foot march in 3 hours or less with a 35-lb ruck sack (weight does not include the weight from water, weapon, and LCE). Each Ranger must complete the foot march to graduate. Each student will complete both a 6 mile and 8 mile nonstandard conditioning foot march in order to prepare them to conduct the 12 mile foot march.

NOTE: Additional time may be allowed to complete the foot march based on risk assessment with respect to environmental conditions.

e. Complete Ranger Swim Ability Evaluation (RSAE) as a Strong Swimmer, Swimmer, or Weak Swimmer.

(a) The Ranger Swim Ability Evaluation consists of one station with two tasks. The student will enter the water wearing the Army Combat Uniform and Ranger Body Armor system. They must submerge, remove and discard their RBSS, resurface, and begin the 100 meter swim. They must complete their swim without showing signs of fear or panic, or touching the side or bottom of the pool. They may use any stroke but may not swim on their back... Any student who fails to pass the event will be re-tested. The student will receive a swim rating based on the amount of distance he is able to successfully complete. Students will also be given a brief demonstration on drown proofing.

(b) Swim Ratings for RSAE:

Non-Swimmer: The student has failed to complete the first 15 meters of the 100 meter swim.

Weak-Swimmer: The student has completed between 15 and 50 meters of the 100 meter swim.

Swimmer: The student has completed between 50 and 75 meters of the 100 meter swim.

Strong-Swimmer: The student has successfully completed between 75 and 100 meters of the 100 meter swim.